

CLAIMS

1. A method of insulating a vertically extending concrete wall, the method comprising:

attaching first and second supports to the vertically extending concrete wall at respective first and second vertically spaced apart locations, each of said first and second supports including a protruding portion;

after attaching the first and second supports to the vertically extending concrete wall, attaching at least one blanket of insulation comprising fiberglass to the wall between the first and second supports; and

subsequent to attaching the blanket of insulation to the wall between the first and second supports, attaching a flexible vapor retarder sheet to the protruding portion of each of the first and second supports so that the flexible vapor retarder sheet covers the blanket of insulation which is located in a cavity defined at least partially between the wall and the flexible vapor retarder sheet.

2. The method of claim 1, wherein the flexible vapor retarder sheet covers at least first and second of said blankets of insulation which are located in the cavity defined between the wall and the flexible vapor retarder sheet.

3. The method of claim 1, wherein the flexible vapor retarder sheet is at least twice as wide as the blanket of insulation.

4. The method of claim 1, wherein said first and second supports each comprise a protruding portion which extends outwardly from coplanar feet of the support, wherein the protruding portion of each support includes a planar attachment portion connected to a pair of approximately parallel sidewalls, the sidewalls each extending between one of the feet and the attachment portion of the support.

5. The method of claim 4, further comprising attaching the first and second supports to the vertically extending concrete wall via nails which extend through the feet of each support.

6. The method of claim 4, wherein a hollow cavity is defined between the approximately parallel sidewalls of at least one of the supports, and wherein the hollow cavity is at least partially filled with insulation.

7. The method of claim 1, wherein the blanket of insulation is attached to the wall via at least a plurality of stick pins, each stick pin including a base which is adhered to the wall and an extension member which protrudes from the base and into the blanket of insulation for supporting the blanket of insulation.

8. The method of claim 1, wherein there is no glue which adheres the flexible vapor retarder sheet to the blanket of insulation.

9. The method of claim 1, wherein the first support is attached to a top portion of the wall and the second support is attached to a bottom portion of the wall.

10. The method of claim 1, wherein the flexible vapor retarder sheet comprises a woven substrate that supports a polymer based coating.

11. The method of claim 10, wherein the polymer based coating comprises polypropylene.

12. The method of claim 10, wherein the flexible vapor retarder sheet is from 1 to 15 mills thick.

13. The method of claim 10, wherein the flexible vapor retarder sheet is attached to the supports so as to be approximately parallel to the wall.

14. The method of claim 1, wherein the flexible vapor retarder sheet is attached to the protruding portion of each of the first and second supports via respective screws which extend through the flexible vapor retarder sheet and also through the respective protruding portions of the supports.

15. A method of insulating a vertically extending wall, the method comprising:

attaching first and second supports to the vertically extending wall at respective first and second vertically spaced apart locations, each of said first and second supports including a protruding portion and at least one base portion, the at least one base portion of each support being flush with the wall;

after attaching the first and second supports to the vertically extending wall, locating a blanket of insulation adjacent the wall between the first and second supports; and

subsequent to said locating of the blanket of insulation between the first and second supports, attaching a flexible sheet to the protruding portion of each of the first and second supports so that the flexible sheet covers at least part of the blanket of insulation which is located in a cavity defined at least partially between the wall and the flexible sheet.

16. A vertically insulated wall structure comprising:

a vertically extending concrete wall;

first and second supports attached to the vertically extending concrete wall at respective first and second vertically spaced apart locations, each of said first and second supports including a protruding portion;

a blanket of insulation comprising fiberglass attached to the wall between the first and second supports; and

a flexible vapor retarder sheet attached to the protruding portion of each of the first and second supports so that the flexible vapor retarder sheet covers the blanket of insulation which is located in a cavity defined at least partially between the wall and the flexible vapor retarder sheet.

17. The structure of claim 16, wherein the flexible vapor retarder sheet covers at least first and second of said blankets of insulation which are located in the cavity defined between the wall and the flexible vapor retarder sheet.

18. The structure of claim 16, wherein the flexible vapor retarder sheet is at least twice as wide as the blanket of insulation.

19. The structure of claim 16, wherein at least one of said supports comprises a protruding portion which extends outwardly from coplanar feet of the support, wherein the protruding portion includes a planar attachment portion connected to a pair of approximately parallel sidewalls, the sidewalls each extending between one of the feet and the attachment portion of the support.

20. The structure of claim 16, wherein the flexible vapor retarder sheet comprises a woven substrate that supports a polymer based coating.